

Cathy and Ken's 2015 Christmas Newzletter

General

We've mostly been relaxing, walking, some running, working, and Cathy has been teaching more yoga lately, especially since a new yoga studio opened up down the street only a mile away, and she asked if she could teach there - both yoga and SUP (Stand Up Paddleboard) yoga. They said, "yes"...

Aqua (the cat)

Aqua is very healthy and loves to wake us up in the morning by dancing on us.

Herman (the dog)

Herman hopes to turn 14 years young on February 1st 2016. He has been doing really well for a big old dog, and now that our 3-year-long summer has finally cooled off, he's acting several years younger – seems to be about the same age as whatever the temperature is in Fahrenheit – so lately, instead of acting 80 or 90 years old, he is acting more like 40 or 50 years old, or in his 60s at the peak of the day.

Like Michael Jackson, Herman loves doing the moonwalk, singing, wearing white gloves (on all four legs, though), and his face is getting much lighter in color.

Anyway, he's asking me to take him out for a long walk right now, so Cathy or I will continue writing this a bit later...

25 Years!

We've been married 25 years, as of 2015 August 25. So we went to Yosemite, enjoyed the waterfalls, although the water had already fallen, and they were essentially just dry cliffs.

Cathy's triathlons

I (Cathy) did 2 triathlons; Los Alamitos Race on the Base and CSULB

I won 3rd place of my age group at CSULB triathlon. It has new routes in Run, Bike and Swim from 5 years in the past.

*Run same route as before but last part of it was soft surface grass field to finish line of run.

*Bike had 5 loops with turnaround at bottom of hill, so get to climb up steep hills 10 times!!! In the past time 4 loops around the campus as 4 steep uphill and 4 downhill.

I got almost cramp in my left calf after I climbed hill in 3rd loop. When the flat surface, my left leg loose up while my right leg continue to cycle. I am glad that I had Hammer electrolytic drink. Other times my left calf was OK in 4th and 5th loop.

Of course it's toughest all Reverse triathlon in Southern California.

*Swim, 500 meters (10 laps from 8 laps=450M) was boring for me because I swam faster... Smile..

PsychoHerman.com

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2015 January



Herman hikes the Bolsa Chica Wetlands

2015 February 1

Herman's 13th birthday



Herman walks on the beach during the Surf City Marathon (top)

2015 July



Herman finishes Surf City 4th of July 5K with Ken Bob

2015 May



Cathy in CSULB Reverse Triathlon (run, bike, swim)

2015 July



Herman and Ken Bob kayaking in Huntington Harbor

2015 August



25th Anniversary in Yosemite



Thanksgiving Day - Squirrel!!